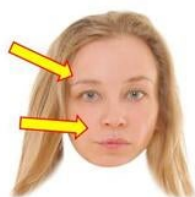


## Keeping clean



Coronavirus has to get in your body to make you sick.



It can get in our bodies through our eyes, nose and mouth.



So, the best way to stop coronavirus, is to stop it getting in!



One of the best ways to do this is to keep clean.



This easy read information will tell you how to do this.



Coronavirus is so small that we cannot see it.



This virus travels in tiny drops in the air.



When someone with the virus coughs or sneezes the drops can travel from them into the space around them.



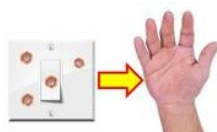
The drops can land on our hands and the objects around us.



The virus can live where it lands.



If we touch things with the virus on our hands, it can live on the thing we touch.



And if we touch something with coronavirus on it, it will be on our hands.



**Think about the things we touch every day, including:**



- door handles



- food



- mobile phones



- door keys



Having the virus on your hands  
should not make you sick.



But if you touch your face with the virus on your hands, it can get in your mouth, nose or eyes.



If it gets in your body, you may catch the virus and get sick.



That is why you must:

- wash your hands often
- and not touch your face



## How to wash your hands



There is a special way to wash your hands to make sure they are clean.



You can find this information on our [\*\*How to wash your hands easy read page\*\*](#)



## **Remember to wash your hands:**

- before making food or eating



- after coughing, sneezing or blowing your nose



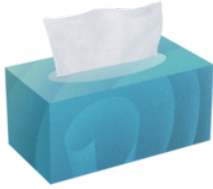
- after using the toilet



- after going outside



**Catch coughs and sneezes!**



Catch coughs and sneezes in a tissue if you can.



Throw the tissue in the bin right away.



Then wash your hands with soap and water.



If you do not have a tissue, sneeze into your elbow.



Try not to cough or sneeze into your hands.



Try not to cough or sneeze near to other people.



Stay away from other people who are coughing or sneezing.



**How long can the virus live on something I have touched?**



The virus can live on a surface for around 2 days.



If you touch something a lot,



or if you cough or sneeze on something,



make sure you clean it.



**Where can I get more information?**



Find out more information about coronavirus on [the public health matters website.](#)



If you are worried, speak to someone you trust or call the Learning Disability Helpline on **0808 808 1111**



For medical advice call **111**



In an emergency call **999**